



Summer of COMMUNITY

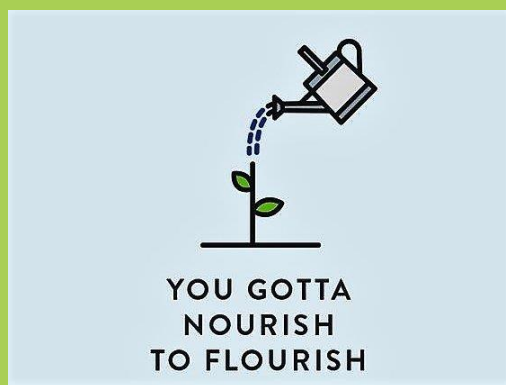
MRC Vaudreuil-Soulanges | Community matters | July 2019

TREAT YOURSELF!

International self-care day, July 24th, symbolizes the importance of taking care of your mind body and spirit every single day. It's a lifelong commitment and has a significant impact on how healthy your lifestyle is. Self-care can consist of anything that helps you become the best version of yourself. It can be cost free or extravagant, it's anything that makes you feel good! It can sometimes be challenging making time for ourselves but it's important that you prioritize your well being. Set your goal and start with the openness to change. You'll learn with experience what works best for you but, if you aren't sure where to start here are some examples:

- Meditate
- Practice Yoga
- Get a massage
- Take a cooking class
- Read a book
- Keep a gratitude journal

- Perform random acts of kindness
- Drink more water
- Exercise more often
- Organise your room, home, office...
- Light a scented candle
- Buy yourself something special
- Spend more time in nature
- Dance to your favorite song
- Spend quality time with your pet
- Get up and move around every hour
- Detach from technology



MUST READS COMING OUT IN JULY

"American Predator: The Hunt for the Most Meticulous Serial Killer of the 21st Century," by Maureen Callahan (July 2)
"The Chain" by Adrian McKinty (July 9)
"The Need" by Helen Phillips (July 9)
"Supper Club" by Lara Williams (July 9)
"Knife" by Jo Nesbø (July 9)
"The Nickel Boys" by Colson Whitehead (July 16)

COMING UP!

July 1st – Canada Day
July 4th – Outdoor party at parc Bourget @7:30PM
July 11th – Outdoor party at parc Arèle-Joliat @7:30PM
July 18th – Outdoor party at parc Bel-Air @ 7:30
July 9th, 16th, 23rd, 30th – Les Rythmes d'été at Parc de la Maison-Valois @ 7:30PM
July 25th-27th – Artefact music festival at place Dumont

BEWARE OF TICKS!

Once relatively rare in Canada, the tick population as well as the threat of Lyme disease is rapidly growing in large parts of the country. They tend to be more prominent in the southeastern Quebec and that includes the Montérégie West. But more specifically, ticks are usually found in tall grass, bushes and wooded areas.

The first step to prevent contracting Lyme disease is to try not get bitten.

Try a combination of wearing appropriate clothing (hats, long-sleeved shirts and pants in light colors to easily spot tick, boots and socks) when outdoors is key to preventing tick bites, walking on trails, and using insect repellent with DEET or Picardin Next, it's important you do a full body check for ticks as they release an anesthetic while biting so you might not feel them. Putting your clothes in a hot dryer for ten minutes can also be helpful.

Don't forget your pets! You should be checking you pet for ticks after they spend time outside, and it might be wise to talk to a vet about Lyme disease preventive vaccinations.

If you do get bit, remove it as soon as possible: using tweezers, pinch the tick carefully and pull upward so as not to squish it. If they've been on you for less than 24 hours, the risk of getting infected is practically zero. The risk is much greater if the tick stays on you for two to three days. The key indicator of Lyme disease is the red bullseye, but you may still have contracted the disease even if it doesn't show up. In the first stages, a lot of the symptoms may be misdiagnosed as common illnesses. If you have a persistent fever, muscle aches, chills and headaches, and have been in areas known for housing ticks, mention it as soon as possible to your physician.

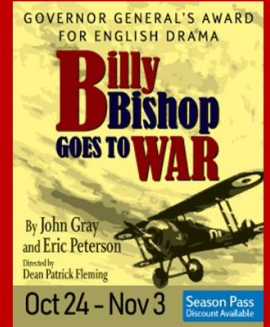


THEATER OUTING COMING UP

Join the drama!

October 31st
2 PM

Hudson Village
Theater



Montérégie West Community Network's
Theater Outing

BILLY BISHOP GOES TO WAR

30 \$

Transportation and ticket included
(discount for those who wish to meet us
there)

Contact us to reserve
your spot now and inquire
about pick up points!

450-691-1444



COMMUNITY LUNCH



MWCN FREE COMMUNITY LUNCH

The Montérégie West Community Network would like to
invite you to its first community lunch in
Vaudreuil-Soulange

July 31st at 12PM
L'Étoile de Rigaud
110 Rue Saint-Jean-Baptiste E, Rigaud, QC J0P 1P0

Open to public, **REGISTRATION REQUIRED**
Please RSVP to
may-hall@hotmail.com

Montérégie West Community Network

The MWCN is a non-profit community-based organization whose mission is to serve the English-speaking community of the Montérégie West region.

We provide a variety of social and cultural activities, assist members in gaining access to health and social services in English and provide volunteer services to those in need.
Email: mwcn2016@gmail.com Tel: 450-691-1444 (leave a message) Website: www.mwcn.ca



ST-ZOTIQUE FREE BEACH DAYS

Journées gratuites de la MRC de Vaudreuil-Soulanges

- 2 juillet = Saint-Télesphore
- 3 juillet = Pincourt
- 4 juillet = Vaudreuil-sur-le-lac
- 5 juillet = Saint-Polycarpe
- 8 juillet = N-D-Île-Perrot
- 9 juillet = Vaudreuil-Dorion
- 10 juillet = Saint-Lazare
- 11 juillet = Les Coteaux
- 12 juillet = Très-Saint-Rédempteur
- 15 juillet = Saint-Clet
- 16 juillet = Les Cèdres
- 17 juillet = Terrasse-Vaudreuil
- 18 juillet = Rivière-Beaudette
- 19 juillet = L'île Perrot
- 5 août = Sainte-Marthe
- 6 août = Rigaud
- 7 août = L'île Cadieux
- 8 août = Sainte-Justine de Newton
- 9 août = Pointe-Fortune
- 12 août = Hudson
- 13 août = Pointe-des-Cascades
- 14 août = Coteau-du-Lac

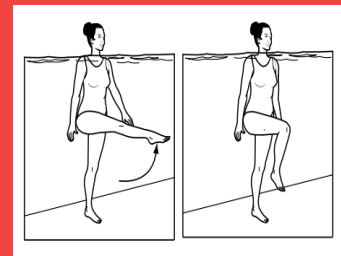
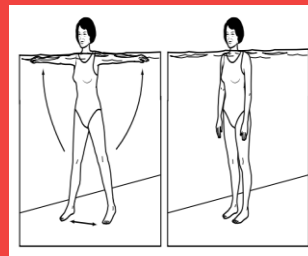
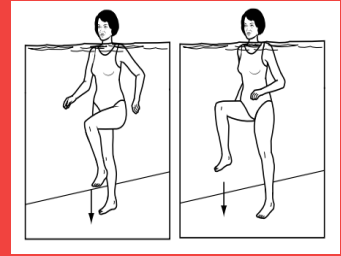
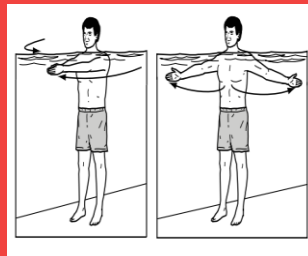
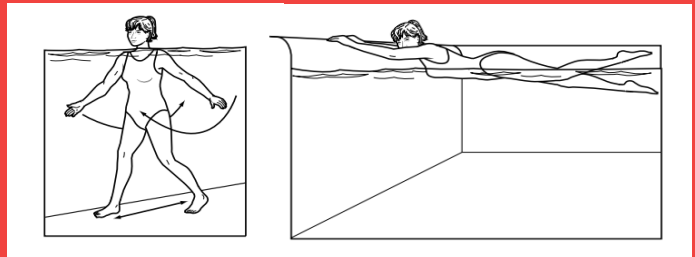


MAKE A SPLASH THIS SUMMER!

Outdoor pools :

- Saint-Jean-Baptiste Pool : 150 de la Fabrique, Vaudreuil-Dorion
- Sainte-Madeleine Pool : 14 Sainte-Madeleine, Vaudreuil-Dorion
- Centre Notre-Dame-de-Fatima : 2455 Perrot Blvd. Notre-Dame-de-l'Île-Perrot
- Parc nature les Forestiers-de-Saint-Lazare : 2800 Chemin Lotbinière, St-Lazare
- Hudson community pool : Rue Blenkinship, Hudson

Improve your health by jumping in the pool this summer! Here are some benefits of getting your exercise in the pool : it help you stay cool whether you're escaping the sun or working up a sweat (just remember to stay hydrated and drink lots of water!!); there's low impact on your joints; there's built in resistance; you can increase intensity slowly; it's great for toning muscles, and it offers support for the whole body. And if you aren't a fan of swimming laps, there are many other exercises you can do in the pool. Next time try these out:



WOULD YOU LIKE TO BECOME A MEMBER?

If you like what you've seen and read about in this newsletter, please feel free to visit our office or give us a call for more information. If you become a member, you'll be sent all the upcoming activities and decide which ones are right for you. You will make great friends and even better memories. Come join us!

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MONTÉRÉGIE WEST COMMUNITY NETWORK

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